

## THE IMPORTANCE OF PSYCHOLOGICAL STATES IN ENSURING THE PSYCHOLOGICAL STABILITY OF ATHLETES

*Rakhimova Gulmira Kambul kizi*

**Annotation:** This article discusses the role of psychological states in the formation and strengthening of psychological stability necessary for the successful performance of athletes. Emotional states experienced by athletes before, during and after the competition, psychological factors such as stress, fear, and insecurity directly affect their physical potential and results. Therefore, within the framework of sports psychology, the psychological preparation of athletes, methods for ensuring emotional and volitional stability, self-management techniques, and the effectiveness of motivational approaches are analyzed. The article also contains practical recommendations for sports psychologists, coaches, and athletes themselves.

**Keywords:** psychological stability, sports psychology, emotional states, stress and tension, motivation, self-management, psychological preparation of athletes, emotional and volitional stability

Achieving high results in modern sports is directly related not only to physical fitness and technical skills, but also to the athlete's psychological state. No matter how physically prepared an athlete is, if he cannot control his emotions, does not make the right decisions under pressure, or falls into a state of insecurity, his results may not be as expected. In particular, situations such as stress, excitement, fear, and pressure of responsibility before and during the competition can limit the effective participation of athletes. Therefore, ensuring the psychological stability of athletes, analyzing their mental state, and applying the necessary psychological approaches are one of the important tasks of sports psychology. This topic will deeply analyze the psychological states of athletes and their impact on results, as well as the importance of psychological preparation.

Today, sport is a test not only of physical strength and skill, but also of mental endurance, psychological balance, and emotional control. The achievement of high results, competitiveness, and full realization of their potential in competitions directly depend on their mental state. Especially for professional athletes, psychological stability is an integral part of successful participation, continuous growth and satisfaction from sports activities.

Psychological stability is understood as the ability of an athlete to manage his emotions, act correctly in stressful situations, not lose self-confidence and remain in a stable mental state in a competitive environment. Pre-competition excitement, fear of failure, pressure to perform in public, personal and social expectations - all this tests the strength of an athlete's psychological preparation.

Therefore, studying the psychological state of athletes and shaping them in a positive direction is one of the most pressing issues in sports psychology. Targeted psychological training exercises, motivational techniques, self-management methods, ways to combat stress serve to strengthen the mental state of athletes. Also, the psychological approach of coaches,

support from parents and team members have a positive effect on the psychological stability of an athlete.

The role of psychological states in ensuring the psychological stability of athletes and methods of working with them are analyzed in depth. Studies on ways to understand the athlete's internal state, adapt to problem situations, and form mental resilience serve as an important theoretical and practical basis for applied sports psychology.

In the field of psychology, psychotechnologies that ensure the mental stability of athletes have been studied by world psychologists in the framework of extensive scientific research. In particular, Malkin V. R. , Lange N. N, R. Descartes, Avdeev V.V, G. Lotze, T. Sien, R. Ribo, A. R. Luria, P. Y. A. Galperin, Y.E. B. Pirogova. A. P. Gazova G. S. Bakradze A.A. Ukhtomsky, B.M. Teplov, V.D. Nebilitsin, D. N. Uznadze, P. P. Blonsky, Ilin E.P, A. N. Leontyev, S. L. Rubinstein were studied by such scientists as: Doctor of Psychology, V.N. Smolentseva - offers an existing psychotechnics for independent development.

Psychological stability is the athlete's ability to control his emotions, concentrate, maintain motivation and strive for the goal in conditions of various psychological pressure, stress and adverse situations. In addition to the athlete's physical potential, it also affects how he accepts victory or defeat in the competition, correctly perceives the coach's instructions and maintains confidence in his own strength.

The mental state of athletes directly affects the quality of their game, speed of movement and decision-making ability. Such states as excitement, insecurity, fear, anger, depression disrupt the coordination of the athlete's movements, cause excessive muscle tension and, as a result, reduce efficiency. On the contrary, positive emotions, self-confidence and a state of peace ensure that the athlete is in an optimal psychophysiological state.

Psychological preparation is the process of preparing an athlete mentally for a competition or training session. This preparation includes the following main areas:

**Emotional management:** The athlete is taught techniques for reducing excitement, overcoming stress, and controlling negative emotions (for example, deep breathing, visualization, autogenic training).

**Motivation:** Developing internal and external factors that motivate the athlete to move towards a goal.

**Self-control:** The athlete's ability to consciously control his thoughts, actions, and emotions.

**Willpower and determination:** Not giving up in the face of difficulties, acting patiently.

The role of a coach and sports psychologist is important in ensuring the psychological stability of athletes. The coach must provide the athlete with not only physical training, but also mental training. It is important for him to work individually with the athlete, conduct positive conversations, and increase the athlete's confidence. The psychologist, on the other hand, deeply analyzes the athlete's personality and provides him with individual assistance through appropriate psychological methods.

Some effective psychological exercises and approaches for athletes are as follows:

**Visualization:** The athlete strengthens psychological preparation by imagining himself successfully during the competition.

**Positive affirmations:** The athlete strengthens self-confidence through positive thoughts such as "I can do this", "I will always do my best".

**Meditation and mind-calming techniques:** Helps to concentrate, maintain inner peace, and reduce stress.

Sports play a great role in the development of young people as individuals, in shaping them into strong-willed, winning, agile, and stable. Negative emotional states that arise in an athlete before the competition lead to instability of the competitive motive and weakening of the volitional process. Emotional states perform a control function over the athlete's activity and behavior. Emotional states, events, and actions are expressed in changes in the athlete's body parts and are an important indicator reflecting external signs of internal emotional experiences. Modern sports, especially achieving high results in sports, cannot be imagined without intense physical training, intense physical struggles, contradictions, constant successes and failures, which in turn lead to emotional arousal and stress. We have learned that while athletes are trying to achieve high results, this state of stress negatively affects their participation in the competition and leads to a decrease in the result of the competition. We conducted research on the stress states of athletes. In our study, Spielberger and Yu. Khanin's "Self-assessment of the level of anxiety" and "Psychological reliability of the athlete" methodology were used. In addition, interviews were conducted with athletes. During the research, it was found that their performance is also affected by problems related to sports activities and beyond, and these problems negatively affect their competitive performance. Problems outside sports activities, personal problems of athletes, family disputes, while problems related to sports activities are stress factors before and during the competition. At the moment of participating in the competition, the physical and psychological "peak" of the athlete's performance should coincide. This requires attention from the coach. He should know how much tension the athlete feels during training.

The psychological states of athletes consist of complex internal processes that directly affect the results of the competition. The following states are most common in sports:

- Excitement - a natural emotional reaction that occurs before or during the competition. Moderate excitement increases activity, but excessive excitement distracts the mind and disrupts actions.
- Fear and insecurity - especially appear before new or important competitions. This reduces the athlete's confidence in his own strength.
- Anger and nervousness - negative emotions towards the opponent, coach or himself disrupt the athlete's actions.
- Depression and mental fatigue - constant pressure, failure and excessive training cause demotivation in the athlete.

Positive psychological states, on the contrary, balance the athlete's psychophysiological state, clarify his actions and instill confidence.

Achieving high results in the process of sports activities largely depends on the athlete's psychological stability. Research shows that the mental state of athletes plays a role no less important than their physical fitness and technical potential, and sometimes even more important. Such states as excitement, stress, fear or insecurity that arise before a competition can reduce the effectiveness of athletes. On the contrary, positive psychological states - confidence, motivation, emotional stability and willpower - allow the athlete to fully reveal his inner potential.

The formation of psychological readiness of athletes requires an integrated approach with coaches, sports psychologists, parents and teammates. The correct use of self-management, motivation, visualization and stress reduction techniques strengthens the mental resilience of athletes and increases their competitiveness.

Thus, ensuring the psychological stability of athletes is not only a factor guaranteeing their success in sports, but also an important condition for their personal development and social adaptability. Therefore, psychological preparation should be carried out regularly as an integral part of sports preparation, along with physical and technical training.

#### REFERENCES:

1. В. Р. Малкин, Л. Н. Рогалева Психотехнологии в спорте : учеб.пособие;науч. ред. В. Н. Люберцев. – Екатеринбург.
2. Мельзиддинов, Р. "ЎЗБЕКИСТОН "СУПЕРЛИГАСИ" ФУТБОЛЧИЛАРИНИНГ ҲАРАКАТЛАНИШ ФАОЛЛИГИ КЎРСАТКИЧЛАРИ БЎЙИЧА МАХСУС ТАЙЁРГАРЛИК ДАРАЖАСИ ТАҲЛИЛИ." Central Asian Research Journal for Interdisciplinary Studies (CARJIS) 2.3 (2022): 527-534.
3. Abdurashidovich, Shayimardanov Sherali. "EXERCISE PROGRAMS WHICH ARE DEVOTED TO PREPARING BY TECHNICAL TRAININGS FOR GYMNASTICS, THEIR ATTITUDES TO MOTOR SKILLS AND RHYTHMTEMPO-STRUCTURE." Халмухамедов, РД, Махмудова, ММ, Рахматов, БШ, Маъмурова, ЛК, & Эркинова, НМ (2021).
4. Артиков, А. А. "Ёш футболчиларни дарвозага зарба бериш аниқлигини ўрганиш." Фан-спортга 3 (2021): 79-81.
5. Ёқубова, Д. М., & Усманова, Ш. Ш. (2022). БОҒЧА ЁШИДАГИ БОЛАЛАРДА БИЛИШ ЖАРАЁНЛАРИНИНГ РИВОЖЛАНИШИ. Central Asian Research Journal for Interdisciplinary Studies (CARJIS), 2(3), 155-161.
6. Арзикулов Д. Н. СПОРТЧИЛАРНИ ПСИХОЛОГИК ЖИҲАТДАН ТАЙЁРЛАШНИНГ ИЖТИМОЙ-ПСИХОЛОГИК МУАММОЛАРИ //FanSportga. – 2020. – №. 4. – С. 73-75.